

T
o
n
s
i
l
s
t
o
n
e

Tonsil stone Remedies

A short report on Tonsil Stone
Causes, Symptoms & Treatment



Tonsil Stone Remedies.net

Remedies

TABLE OF CONTENT

The Top 3 Tonsil Stone Causes	3
Symptoms of Tonsil Stones	4
Treatment For Very Large Tonsil Stones	5
3 Major Symptoms of Tonsil Stones	6
Tonsil Stones Treatment	7
Tonsil Stones Treatment With Colloidal Silver	8
Which Tonsil Stones Treatment is Best For You?	9
The Best Way to Eliminate Tonsil Stones	10
Prevent Tonsil Stones - 5 Helpful Tips	10
3 Homeopathic Remedies For Tonsil Stones	12
5 Best Home Remedies For Permanent Relief	13
Natural Remedies for Tonsil Stone	13
How to Remove Tonsil Stones at Home	14

The Top 3 Tonsil Stone Causes

Tonsil stones wreck lives. Dramatic as that might sound, those little white spots at the back of your throat probably have you shying away from social situations, embarrassed of your bad breath. Just one simple tonsil stone causes anxiety and self-consciousness. Though rarely painful, you may feel constantly self-conscious about your breath, searching for remedies and trying different medications to get rid of them. Well, you're not alone. Tonsillitis is extremely common.

Learning about tonsil stone causes will ultimately help in your quest to get back to a normal life.

They are basically a mixture of mucus, bacteria, tiny food particles. Each of these ingredients, naturally occurring in the throat, gets caught in little pockets on the surface of the tonsils and mixes together to create the trademark white spots which cause the associated problems.

The top 3 most common causes of tonsil stones are:

Bacteria: Everyone has oral bacteria; it helps in breaking down food and is present in our saliva. Bad bacteria can be banished by practicing good oral hygiene. Brush your teeth frequently, preferably after eating, and use a mouth wash to help keep your bacteria healthy.

Diet: A bad diet has also been attributed to tonsil stone causes. Eating healthy foods is extremely important. It has also been suggested that dairy products may be associated with the development of tonsillitis.

Genetics: Health issues are often genetic, tonsillitis is no exception. If you have a history of tonsillitis in your family, chances are you may also get them. Now, unfortunately there's not a great deal you can do about that, but if you are unlucky enough to have tonsil stones in your genes, or for any other reason, help is at hand.

Symptoms of Tonsil Stones

A person who has this may experience certain symptoms such as bad breath, a sore throat, and visible lumpy white material present at the back of the throat. Bad breath can sometimes be caused due to the presence of certain chemical compounds such as sulfur compounds. If sulfur compounds are detected in a person's breath there may be a high chance that the individual has developed tonsil stones. In fact, about 70% of people with sulfur compounds present in their breath have it. Sulfur compounds are one of the key symptoms.

An individual may also experience symptoms such as a sore feeling in their throat that may be caused due tonsilloliths. However a sore throat does not necessarily indicate tonsilloliths as it could even result due to a tonsillitis infection.

Other symptoms such as lumpy stuff which is white in color may be seen as well. Tonsilloliths are usually not visible and are covered within the tonsils. To see them when they are hidden within the tonsils one would need to have a special scan done such as a ct scan or an MRI scan to see where the tonsils are and how big they are.

One may also experience symptoms such as an inflammation of their tonsils. Although they are present in the throat, one may even experience pain in the ears due to the interconnected neural pathways.

Treatment For Very Large Tonsil Stones

Smaller size ailments can be easily removed with just a simple mouthwash and salt water gargling. When salt water is gargled the diseases can get loosen and also kills the bacteria present in them. Water piks can be used to forcibly remove them from the tonsil crevices.

Cotton swab can also be used for dislodging diseases but they should be dipped in the solution of peroxide before dislodging visible, smaller diseases. Some even make use of the eye droppers that are curved in shape for sucking the diseases out of the crevices.

Tonsillectomy or surgery might be an effective option for removing diseases of bigger size. Even though many consider it as a drastic step in some it might be the only option as the very large size diseases can hinder the swallowing process.

Tonsillectomy not only can lead to various health problems later but also does not come at a cheaper price. The surgery can also hinder day to day activities for some time. Hence, it is avoided most often. In fact, there are natural and scientifically proven ways to get rid of tonsil stones so they never return. It's absolutely not necessary to go for a long, drawn out surgery or wasting your money on expensive nasal sprays and tablets.

3 Major Symptoms of Tonsil Stones

Unfortunately, it is possible to have tonsil stones for a long time, because they may be wedged in your tonsils without showing very many obvious symptoms. But, if you are not careful, they will definitely begin to become rather obvious, and in a fashion that can be pretty disgusting. The following are 3 common examples of symptoms commonly associated with tonsil stones.

Bad Breath:

This is a sure sign that you may be suffering with the problem. It becomes more certain as a symptom when you brush your teeth after eating, and use a mouthwash to help the problem.

However, in a relatively short amount of time, the bad breath returns. It is almost as if you did not brush your teeth and use mouthwash to begin with!

At first, the tendency may be to overlook this as a slight annoyance, so we just take a breath mint and go about our business. However, little do we know that the condition is getting worse. Pretty soon, the bad breath becomes so severe that we realize that something serious may be going on.

Cough:

When a cough appears out of the "blue" could also be an indicator that tonsilloliths are developing. or are already present.

Similar to bad breath, a cough can be construed as something that isn't serious. We know that a cough can occur for a variety of minor reasons, and we can lull ourselves in to a sense of false security.

However, much like the progression of the severity of the bad breath, as the stones increase in size and density, the cough may become very difficult to control.

Sore Throats:

Are very common when suffering with tonsil stones. In the beginning, the tonsils may feel a little tender. The soreness is especially apparent after we eat something hot or spicy.

Generally, the tenderness progresses to a sore throat that we usually associate with a cold. Again, we tend to dismiss the problem as something minor. Meanwhile, the problem is becoming difficult to deal with.

If left untreated, these 3 symptoms will increase to the point of being unbearable. Also, as the condition worsens, individuals frequently have difficulty swallowing.

Tonsil Stones Treatment

Tonsil stones treatment is available to all who want to help their problem and can be capable of astounding results for most, if used in the correct way. With this ailment it's not like taking a tablet and you are cured, you must change your daily oral routine a little and regularly keep using the products in the recommended way if you want to see good results.

A tonsil stone can be an annoying nuisance and give the feeling of a foreign body stuck in the throat for some. The stones can vary in size from being very tiny right up to the size of a pea, but people who only produce small stones may not feel them at all. Some only feel their presence when they eventually work loose and are coughed up into the mouth.

Some try to squeeze out the tonsillolith by pressing and scratching at the tonsils with their fingers. Others attempt the same procedure using an implement of some kind to push them out of the crypts within the tonsil. Please be aware that this can be a potentially hazardous and unhygienic method of removing the stones with the possibility of making them bleed and feel sore.

If you do insist on squeezing them out, it is possibly better to first make sure you have scrubbed your hands clean and then use a moistened cotton bud to gently squeeze the tonsil until the tonsillolith works its way free.

Remember that pushing anything down your throat can make you gag and will not cure tonsil stones for good. In fact this will do nothing at all for any bad breath issues or horrible dry tastes you may have and is not a method I would personally endorse.

Tonsil Stones Treatment With Colloidal Silver

Colloidal silver is now being promoted as a health product (alternative) or preventive product against various diseases. The product is believed enhance the immune system of the body by offering various anti bacterial benefits. Colloidal silver is nothing but minute silver particles (nano size particles) found in distilled water in the suspended form.

This is types of a bioactive product which in enough concentration is capable of regulating and destroying harmful viruses and bacteria which causes diseases like the can even lead to serious conditions at the later stages like leukemia, AIDS, tonsil stones and Cancer.

Colloidal silver can be used for preventing various illnesses apart from diseases like it can prevent the skin from getting infected due to scratches, burns and wounds. Since they have good anti bacterial properties they can also be used for preventing various health conditions like VRSA, ear infections, Viral infections, Stomach infections and food poisoning.

The products containing colloidal silver are also used for purifying water, treat infections, preserve certain beverages or drinks and also to restrict serious types of infections in the body.

But before using colloidal silver for various problems like disease, care should be taken to consider various factors related to them. It is very vital to search for good quality colloidal silver products and that too should be preferably got from professional health stores. They should consist of pure silver and distilled water. The silver particles need to be very tiny or small and should be mingled with water to provide excellent results.

The colloidal silver particles should also be very pure that they should not have extra components or other protein additives that are unnecessary to the body. It means, the colloidal silver used for preventing and treating disease and other illnesses should be void of any stabilizers, chemicals and flavours in them.

The taste of the colloidal silver product should be very similar to normal water, but can have a slight metallic taste as it consists of minute nano particles in smaller proportions. The product should be stable properly without the need for refrigeration even when not meant for longer use.

If the label of the colloidal silver used for treating or preventing tonsil stone reads as "Keep refrigerated" it would be a low quality product. Since it is made up of distilled or de-ionized water, the silver works like an anti bacterial product and would not get deteriorated even when stored for long.

Which Tonsil Stones Treatment is Best For You?

Generally, the most common of tonsil stones treatment is no treatment at all. In many cases, they are small and disappear on their own. However, if this is not the case with you, you do have other options.

Many people get rid of the stones on their own with the use of cotton swabs. Using a cotton swab and the mirror, they are able to see them well enough to brush them away safely. Unfortunately, in extreme cases, this will not be enough.

If you find they are bothering you and making you cough, try gargling with salt-water. This will get rid of some of the discomfort and may actually dislodge them from the throat. You can also use an antiseptic mouthwash to help kill the bacteria that is lingering in your mouth, as well.

Should the stones stay lodged and infection sets in, your doctor may be able to prescribe you an antibiotic. This may not remove the stone itself, but can reduce some of the swelling that occurs and help them to be loose enough to remove with a swab or while gargling.

If the stones become a major problem to you, there is another option. It requires the use of a laser to do surgery to smooth out the tonsils. By smoothing out the crevices on the tonsils, it will be less likely for anything to get trapped in them.

When it comes to deciding which tonsil stones treatment is right for you, it will all depend on your own situation. Many are small and do not cause any problems. Others can become quite large and cause infection. The key is to try to prevent them in the future by making sure you practice good mouth care.

The Best Way to Eliminate Tonsil Stones

1. You could gargle with an Alkalol (mouthwash), a saline solution that is alkaline and contains a combination of eucalyptol, menthol, thymol and camphor combined with the oils of pine, cinnamon, spearmint, and wintergreen.
2. When you are trying natural tonsil stone remedies you must consider good oral hygiene. If you really wish to get rid of tonsil stone manually, you have to focus on cleanliness. It is important to clean your teeth and tongue regularly. Best is to use non-alcohol and non-sugar based mouthwash.
3. Sneezing, Coughing and flexing your throat are another tonsil stone remedy. Though, it may produce unpleasant odor. You can even use your finger and scratch these minute globs out. You can use toothbrush, Q-tip, tongue, toothpick, etc. However, what you want to use it depends on your comfort level.

Prevent Tonsil Stones - 5 Helpful Tips

Once you have tonsilloliths, or tonsil stones, it can be a challenge to remove them. The best course of action is to prevent tonsil stones to begin with. While no method to prevent them is 100% successful, the following are 5 tips that increase the chances that the nasty little devils won't pay you a visit!

It is interesting that the stones affect a wide variety of people. Some individuals who appear to have poor oral hygiene, rarely suffer with the problem.

Still others, who are diligent with regard to oral care, have a constant battle to prevent them.

However, these suggestions should benefit the vast majority of people who want to prevent this nasty problem.

1. If you are prone to post nasal drip, definitely use a good antihistamine to dry out the sinus cavities. Individuals, who suffer with chronic post nasal drip, are MUCH more likely to develop tonsilloliths.

This occurs because the stones are partially formed by mucous.

2. If you have a chronic history of tonsil infections, discuss with your physician removing your tonsils. Removing them will eliminate a breeding ground for bacteria.

3. Watch the types of fluids you consume. Ideally, people prone to tonsilloliths should drink nothing but water. Alcoholic drinks tend to dry out the mouth, and sugary soft drinks contribute to the formation of the stones.
4. Stay away from dairy products. They have mucous causing agents, as well as calcium, which aid in the creation of the tonsilloliths.
5. Brush your teeth and gargle, after EVERY meal. Brushing the teeth and tongue, as well as gargling, prevent food particles from getting wedged in the tonsils and gums. This lessens the amount of bacteria that can grow in your throat and mouth.

To prevent tonsil stones and stop bad breath there is a need to control the foods that we eat. It has been proven that consuming certain foods can help to ward off getting tonsil stones, and this would also keep your breath fresh.

There are various ways to prevent these stones from happening and these include maintaining the apt oral hygiene and following a good diet. The right diet would help to increase your immune system from the intruding bacteria and thus prevent these stones.

The other vital factor to prevent tonsil stones includes trying to brush the teeth, and clean your tongue after each meal. There is no doubt that doing this about 2 - 3 times a day would help to dislodge the food particles, which tend to get stuck in the teeth. These are also the cause of odor in the mouth, and hence this would help to keep the mouth bacteria-free at all times.

Another suggestion here is to use a tongue scraper after brushing your teeth. Sticking the tongue out and reaching as far back as you can, for removing the accumulated bacteria, which the toothbrush may have missed is a good solution.

You can also prevent tonsil stones with the help of gargles for the mouth with salt water or mouthwash. This should be done at least three minutes each day so that you can prevent these stones from recurring.

It is also suggested that at certain times you should drink nothing but water. Doing the same would keep your mouth moisturized at all times. In this reference, drinking sodas and sugared teas would only promote tonsil stone growth.

You can also try to remove dairy products from your diet or limit its intake. The studies related to these stones have proven that dairy food encourages the buildup of mucous and calcium, which are the key elements of tonsilloliths.

Some other tips that should be implemented here include avoiding eating 30 minutes before bed because these food particles lie around in the mouth while you're sleeping, and thus can accumulate in the tonsils.

Drinking less alcohols and smoking less is also suggested to prevent the occurrence of these stones. These are some of the natural methods through which the stones of the tonsils can be prevented.

3 Homeopathic Remedies For Tonsil Stones

One of these remedies is gargling with warm salt water in the back of the throat. Sufferers have reported this be very helpful in reducing the amount of tonsil stones.

Another one is garlic. You have to check this as some report it to work while others doesn't have any success with it.

The third is a special tea that's made out of lemon, apple cider vinegar, ginger, and honey. There isn't an exact recipe and you can try which works the best for you. These last two can be very effective and the stones can disappear for a long time.

An interesting thing is that all these remedies that have been proved to be effective against these stones have ingredients that are believed to work wonders against allergies and inflammations.

This leads me in a direction to say that the stones are just indeed a symptom of a larger problem like allergies. For example, tonsil stones have been closely linked with post nasal drip.

5 Best Home Remedies For Permanent Relief

1. There are some simple tonsil stones remedies that are very effective that you can try in your home. For example, using a mirror you can use a tongue scrapper and carefully remove them from your throat. You can also use a toothbrush for the purpose. The same procedure can be tried using a medicine dropper too.
2. The simplest among all tonsil stones remedies is to cough them out. In fact, in many cases, the stones loosen up and are removed when people cough.
3. Many people don't know that your diet may be holding many remedies within it. For example, a diet that consists of vegetable juices, soups and fruit smoothies is known to help in getting rid of these annoying lumps in the throat. You should try and avoid dairy products since they are known to be a causative factor for the condition.
4. Gargling with warm saline water several times is another one among all tonsil stones remedies. Gargling helps in loosening the stones and finally their removal. You can also use a good quality alcohol free mouth wash too for the same purpose. Remember, keeping good oral hygiene is important for all those who have these stones in their throat.
5. There are certain lifestyle changes that you need to make if you want to get rid of tonsilloliths. For instance, it is important that you avoid alcohol consumption, as well as smoking.

Natural Remedies for Tonsil Stone

You will be surprised to know that most of the tonsil stone remedies can be easily incorporated into your diet. A balanced diet that contains all the essential nutrients, vitamins and minerals is what you must eat.

You must make sure that you are eating all the right things if you want to get rid of this problem. You should include plenty of fruits and vegetables in your diet. Make sure that you avoid eating dairy products till such time you are healed.

You should also avoid caffeine, alcohol, carbonated beverages and smoking. It is also preferable that you avoid meats till such time you get rid of the stones on the back of your throat.

There are many simple tonsil remedies that many people don't know existed. One of them is chewing celery. This is known to be one of the most effective remedies. Similarly, chewing on cucumber is also known to help in getting rid of the stones. Wasabi, a Japanese herb is another very effective herbal remedy for the problem that has helped thousands of people.

How to Remove Tonsil Stones at Home

It's sometimes possible to loosen tonsilloliths without the need to put anything in your mouth. Rubbing the tongue against the back of the throat may do the trick. Or try holding your head back, raising your tongue to the roof of your mouth and swallowing.

One common method to remove stones is to press a finger or moistened cotton swab against the bottom of the tonsil and push upward to squeeze them out. The downside to doing this is that it can stimulate the gag reflex. To prevent this you could try first coating your tonsils with an anesthetic throat spray.

If you prefer a gentle way to loosen the stones gradually over time, try drinking several glasses of a carbonated, sugar-free drink such as soda water every day. Gargling daily with a vinegar and water solution is also recommended.

If you look through your manicure set, you may find a tool useful for dislodging tonsilloliths. An ear curette looks like a small shallow spoon with a long handle. It's designed to remove earwax. Its size is appropriate for removing stones from the tonsil crypts.

Pressurized water sprayed into the tonsil crypts can flush out the stones. If you have a Waterpik irrigator, use the tongue attachment, adjust it to its lowest setting and aim it directly at the stone. Alternatively, fill a turkey-baster with water, point it at the stone and squeeze the bulb.

Some people have had success with using a medicine dropper to suck tonsilloliths out of the crypts. First fill the dropper with salt water and spray it over your tonsils. This may help bring stones to the surface. Squeeze the bulb of the dropper, point it at a stone and release. With luck, the stone will be sucked into the tube.

Tonsil Stone Remedies

Some of the methods people have used for removing tonsil stones are potentially dangerous and are definitely not recommended. Never stick a needle, toothpick or any small sharp object into your mouth. Not only could you severely damage your tonsils, there's the risk that you could swallow the object and end up in the emergency room.

Knowing how to remove tonsil stones is helpful, but it's much better to prevent them from occurring in the first place. Good oral hygiene is the key. Brush your teeth when you wake up in the morning and before you go to bed. Brush or scrape your tongue to clean away bacteria.

Gargle with an antiseptic mouth wash or baking soda solution daily. If you're prone to tonsilloliths, you may also wish to gently brush the surface of your tonsils with a soft toothbrush to loosen any that may be forming.